

CopsAlive.com and

# **The Law Enforcement Survival Institute**

**Present: Single Topic Roll Call Training Sessions**

**“Law Enforcement Suicide Prevention: Take Charge”  
RC10m: 10-01**

**Ten Minute Roll Call Training (RC10m)**

**Written by: CopsAlive.com editor John Marx – visit: [www.CopsAlive.com](http://www.CopsAlive.com)**

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## **RC10m = Ten Minute Training for Roll Call** **Instruction Sheet**

The RC10m's are, ten minute, Single Topic Training sessions designed to enable you to provide short but powerful training on a variety of topics in as little as ten minutes. This makes it easier to fit training into busy shift schedules and give officers a chance to discuss important, job related or self improvement topics. I learned this technique from a department store manager, who would hold short, ten to fifteen minute "stand-up" meetings with all her employees right before their store opened every morning. They would gather in a central location, in their case, at the bottom of the main escalators and discuss important topics of the day. Part of the meeting was to discuss their weekly advertising or that of their competitors. They would use some time to recognize the achievements of fellow employees and award accomplishments. Frequently the manager would ask employees to conduct job specific training, and sometimes they would bring in outside trainers like me. It was always a challenge to reduce my topics to ten minutes, but the manager assured me that if I focused on one or two key points I could finish on time and the employees would absorb the information and still have a thirst for more. I found that she was correct and that it stimulated a curiosity in the employees so that some of them would seek out further information on their own. I enjoyed this approach, and found it to be so effective that I now encourage everyone in all of my training sessions to law enforcement and the private sector to try it. The last part of the meeting was a short pep talk by the manager to motivate her employee's right as they opened for that day's business.

I encourage you to try this technique as well. The sessions do not have to be formal and don't have to be led by a supervisor. They are designed to be short discussions in a quick and casual format, conducive to learning and growth. I have designed many preformatted programs based upon topics I feel are important to an officer or department's planning to have safe, happy and healthy careers. I have also created a blank worksheet so that you can use the structure to create your own training sessions on topics that are important to you or your organization.

Each program has these categories: Topic Area, Key Points, Discussion Questions, an Activity, Homework, and Follow-up activities.

**Key Points:** Limit to the most important points for one roll call, cover others tomorrow!

**Discussion Questions:** These should provoke thought about what is important to your team.

**Activity:** This gets everyone involved at their own pace and with their own learning style.

**Homework:** This challenges them to go further on an important topic when they have more time.

**Follow-up:** If people want additional information, this is a source they might use to learn more.

Please experiment with this concept and let me know what you think. I always welcome your feedback!

John Marx, editor of [www.CopsAlive.com](http://www.CopsAlive.com)

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## **A COPSALIVE.COM TEN MINUTE ROLL CALL TRAINING (RC10M)**

### **LESI RC10m “Roll Call Training in Ten Minutes”**

#### **Topic:**

Law Enforcement Suicide Prevention

#### **Key Points:**

1. Law Enforcement Suicide is one of the greatest “Hidden Dangers” facing police officers.
2. Law Enforcement Suicide takes more officers each year than those killed in the line of duty.
3. A police officer’s suicide can sometimes be more traumatic to an agency than a LOD death.
4. Police suicide leaves the family of the dead officer with a terrible stigma and tremendous guilt.
5. Police suicides usually are not discussed within police agencies but we can change that.

#### **Discussion Questions:**

1. How many of you know of another officer who has committed suicide?
2. How many of you, without naming names, know another officer you worry might commit suicide?
3. What can you do personally to prevent police officer suicides here or at other agencies?
4. What can we as an agency do to prevent police officer suicides within our ranks?

#### **Activity:**

Did you know that research indicates 1/3 of active-duty and retired officers suffer from post-traumatic stress, and most don't even realize it? Source: <http://www.tearsofacop.com/>

Gather ideas from the group about how to help officers suffering from PTSD or the negative effects of cumulative stress, and what you can do if you suspect an officer might be considering suicide?

#### **Homework:**

Do some Internet research to find other statistics about stress and police suicides check these sites:

The National Police Suicide Foundation: <http://www.psf.org/>

Tears of a Cop: <http://www.tearsofacop.com/>

Pain Behind the Badge: <http://www.thepainbehindthebadge.com>

Badge of Life: <http://www.badgeoflife.com/>

**Follow-up:** (Learn more about these organizations as resources for your department)

Safe Call Now - <http://www.safecallnow.org/> - (206) 459-3020 With a Hotline staffed by first responder volunteers many of whom are police officers.

CopLine - <http://www.copline.net/index.htm> - 1-800-267-5463 - Check to see if they are operational.

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**LESI RC10m “Ten Minute - Roll Call Training” Worksheet**

**Topic:**

**Key Points:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Discussion Questions:**

- 1.
- 2.
- 3.
- 4.

**Activity:**

**Homework:**

**Follow-up:**

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